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Effectiveness of scaling and root planning treatment for severe chronic periodontitis along with simultaneous use of three different antibiotics and irrigation solutions

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Background: The purpose of this prospective study was to evaluate the effectiveness of systemic administration of three different antibiotics and irrigation solutions following scaling and root planning (SRP) for the treatment of severe chronic periodontitis.

Methods: 114 patients (age group 29 – 57) were selected and randomly assigned to scaling and root planning with at least seven teeth with probing depth ≥ 5 mm and bleeding on probing (BoP). Patients are divided into three groups, Group A received SRP + irrigation using 2% peroxide solution followed by systemic use of amoxicillin 1000 mg twice a day for 10 days, Group B received SRP + irrigation with 0.2% chlorhexidine solution followed by systemic use of metronidazole 400 mg twice a day for 10 days and Group C received SRP + irrigation with 5% Povidone-Iodine solution followed by systemic use of Azythromycine 500 mg once a day for 5 days. Gain in clinical attachment level (CAL), probing depth (PD), bleeding on probing (BoP) and visible plaque index were selected as outcome variables. Weekly, proficient supragingival plaque removal was performed. Following all therapies, a reduction in full mouth mean clinical parameters was observed at baseline and after 60 days by the same examiner.

Results: All three groups have improvements in clinical parameters compared to baseline ($p < 0.05$). The mean probing depth reductions were: Group A = 0.70 mm, Group B = 0.85 mm and Group C = 1.10 mm. The probing depth reduction (PD) and gain in clinical attachment level (CAL) was considerably higher in the SRP, Povidone-Iodine irrigation plus Azythromycine group, compare to two other groups ($p = 0.003$). As far as bleeding on probing (BoP) and visible plaque index there was no significant difference between the groups ($p < 0.05$).

Conclusion: Results of this short term study demonstrated significant advantages of systemic use of Azythromycine after SRP and irrigation with 5% Povidone-Iodine solutions for the treatment of severe chronic periodontitis.

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